

**FOR IMMEDIATE RELEASE**

**Contacts:**

Paulette Magur, RN, BSN  
Communicable Disease Division Manager  
715-839-4720  
[Paulette.Magur@co.eau-claire.wi.us](mailto:Paulette.Magur@co.eau-claire.wi.us)

Tyler Esh  
Eau Claire County Emergency Management  
715-839-4736  
[tyler.esh@co.eau-claire.wi.us](mailto:tyler.esh@co.eau-claire.wi.us)

## **Stay Safe as Temperatures Rise This Weekend**

**Eau Claire, WI- June 27, 2019-** High temperatures are expected over much of Wisconsin during the next several days. The Eau Claire City-County Health Department reminds residents to take steps to stay cool, hydrated, and informed during this heat wave.

“This is our first stretch of hot days this summer, and we want people to be prepared,” said Paulette Magur, Communicable Disease Division Manager for Eau Claire City-County Health Department. “During heat waves like this one, it’s important to stay cool, hydrated, and informed.”



**Follow these tips to stay safe during extreme heat:**

- **Stay in air conditioning.** When possible, stay in air conditioning on hot days. If you don’t have air conditioning, head to libraries, malls, and other public spaces to keep cool.
- **Check on loved ones.** Be sure to check on older friends and neighbors who live alone and don’t have air conditioning.
- **Avoid the hottest part of the day.** If you have to be outside, stick to the cooler morning and evening hours. Wear light, loose clothing and take frequent, air-conditioned breaks.
- **Beware of hot cars.** Never leave a person or a pet in a parked car, even for a short time. On an 80-degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.
- **Stay hydrated.** Drink plenty of water on hot days. Avoid alcohol and hot, heavy meals.
- **Stay informed.** Watch your local weather forecasts so you can plan outdoor activities safely. Pay attention to any extreme heat alerts.
- **Remember that *anyone* can get sick from the heat.** In Wisconsin, people ages 15-34 are the most likely to report to the Emergency Room for getting sick from the heat. No matter your age or how healthy you are, it’s important to stay cool, hydrated, and informed on hot days.
- **Know the symptoms of a heat-related illness.** If you start feeling overheated, weak, dizzy, nauseated, or have muscle cramps, you could be experiencing heat illness. Move to air conditioning, drink water, get under a fan, and put on cool washcloths. If your symptoms worsen or don’t improve, go to the emergency room.

For more information, visit the Wisconsin Department of Health Services’ <https://www.dhs.wisconsin.gov/climate/heat.htm> and watch their [heat safety video](#).

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